

Nash County Senior Center

103 N. Alston Street ~ Nashville, NC 27856

Phone: (252) 459-7681 Fax: (252) 459-7118

THE NASH NEWS

APRIL / MAY / JUNE 2019 EDITION

Services Provided:

Senior Center Activities
Day and Overnight Trips
Fitness Facility
Computer Lab
Free Legal Aid Services
Foot Care Clinic
Medicare/SHIP Counseling
Volunteer Opportunities
Home Delivered Meals
Congregate Nutrition
Frozen Meals
Transportation
Volunteer Opportunities
Information and Assistance
Project Lifesaver
Support Groups
Health Promotions
Respite Service for Caregivers



OUR MISSION

The Nash County Senior Center celebrates aging, supports independence in our community, and addresses the needs of the complete individual by offering information, referrals, and access to continued growth and development.

Accredited by
National Institute of
Senior Centers



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How to Join The NASH

Membership is FREE!

Eligible participants must be: 60 years of age or older; the spouse of someone 60 or older; or a caregiver for someone 60 or older. Whether you're interested in travel, fitness programs, Bingo, cards, crafts, or one of our many social and educational programs, you're bound to find something you enjoy at The NASH!

How to Register for Programs and Classes

The Nash County Senior Center offers a variety of weekly and monthly activities that are tailored especially for seniors. Certain classes and programs require pre-registration. To register for any of our classes and programs, simply call us at (252) 459-7681.

Don't wait...register early! Early registration allows us time to plan appropriately. Classes that do not meet their minimum enrollment are generally cancelled. You could make the difference!

Gifting and Donations You Make the Difference!

The NASH is overseen by the Nash County Recreation and Senior Services Department which provides programs and services to enhance the lives of older adults. These programs and services are made possible through county funding, state and federal grants, and private funding sources. Private gifts and donations play a critical role in creating new services and in supporting existing ones. Contributions for memorials and other monetary donations are accepted and appreciated. Please contact Morgan Doughtie at (252) 462-2730 for more information on gifting and donations.

ANNOUNCEMENTS

Center Closings

The Nash County Senior Center will be closed on the following days:

~April 19, 2019: Good Friday

~May 27, 2019: Memorial Day

VOLUNTEER OPPORTUNITIES

Down East Senior Games

In April & May of each year, our older adults 50 years of age and better from Nash, Edgecombe, Halifax, North Hampton and Wilson Counties are gearing up for The Down East Senior Games. The Down East Senior Games would not exist without the generous efforts of our amazing volunteers! Those who volunteer not only help improve lives but also save lives by giving our athletes the opportunity to compete, stay healthy and make friendships that last a lifetime. A volunteer training and information session will be held on April 12, 2019 at 10am in Room 112 at the Nash County Senior Center. For more information on how you can become involved, contact Morgan Doughtie, Down East Senior Games Coordinator 252-462-2730.



ARTS AND CRAFTS

Easter Craft Sock Bunny:



Come make a cute Easter Sock Bunny. This craft is perfect if you want to add to your Easter and Spring decorations, or if you are looking for a fun craft to teach your grandchildren. Cost is \$5 a person and to be paid on the day of the class.

Date/Time: Thurs, April 11 at 11am

Location: Room 112

Registration Deadline: Mon, April 8

HEALTH & EDUCATION

Cooking Under Pressure:

Do you have an electric pressure cooker or plan to get one and are not sure how to use it? This HANDS-ON class will cover different pressure cooker models, appliance features, safety tips, additional equipment you can purchase, and tricks to make cooking a breeze. Join us as Regina Mosely from the N.C. Cooperative Extension teaches us all about this neat cooking gadget! Cost of the class is \$5 a participant.



Date/Time: Thur, April 18 at 11am

Location: Room 112

Registration Deadline: Fri, April 12

Mental Health Awareness

Did you know that one in four older adults experiences some mental disorder such as depression, anxiety, and/or dementia? Are you staying mentally active and taking charge of your mental health? Join Allison Barrett, Activities Specialist of The NASH as she discusses mental health as it relates to older adults.

Date/Time: Fri, May 17th at 11am

Location: Room 112

Registration Deadline: Fri, May 10

Please bring the correct change!

When registering for trips, classes, or programs that require payment, please bring the correct amount if you are paying with cash. You are also welcome to write a check. Checks should be made payable to Nash County. Thank you!

HEALTH & EDUCATION

Human Trafficking

Every year, more survivors are reaching out to the National Human Trafficking Hotline and more individuals are seeking help for victims they know. Come and join Kenny Sumner, Director of S.A.F.E as he brings us information regarding Human Trafficking.

Date/Time: Fri, May 3 at 10am

Location: RM 112

Registration Deadline: Fri, Apr 26

Virtual Dementia Tour

Have you ever wondered what it is like to live with dementia? Experience it for yourself in a safe and controlled setting with the Virtual Dementia Tour. The VDT is a scientifically proven method of giving people with a healthy brain the experience of what Alzheimer's, Frontal Lobe, Vascular, Lewy body, and other types of dementia might be like to live with. Register by 30 minute time slot.

Date/Time: Thur, May 9 from 9am-12pm

Location: RM 112

Registration Deadline: Fri, May 3

Bone Density

Join Susan Morris from Rocky Mount Family Medical Center as she will be leading a program on bone density and bone health in older adults. More specifically, she will be talking about the importance of bone density scans and the effects of osteoporosis.

Date/Time: Thurs, June 6 at 2pm

Location: Room 112

Registration Deadline: Fri, May 31

SPECIAL PROGRAM

Spring Social

Join us for food, laughs, and fellowship during our annual Spring Social. Meal tickets are \$4.00 each and include hotdogs, baked beans, and chips. Everyone is asked to bring either a dessert or a two liter drink. Tickets are available for purchase at the front desk from April 1st to April 19th.



Date/Time: Wed, April 24 at 11am

Location: Large Activity Room

Tickets on Sale: April 1-April 19

(Please bring correct change**)**

Medication Drop Off Day



Do you have prescription medication that you never used? Help us prevent the misuse of drugs in our community. We are partnering with the Nash County Sheriff's Office to provide a safe place for medication disposal. Come to the senior center and drop off your old or never used prescription drugs and medications so that the Nash County Sheriff's Office can properly dispose of these substances.

Date/Time: Tues, April 30 from 9am-12pm

Location: Large Activity Room

Don't Forget...just call (252) 459-7681 to register for any of our programs, classes and services.

SPECIAL PROGRAMS

National Senior Health & Fitness Day



You are invited on Wednesday, May 22, 2019 to The Nash County Senior Centers National Senior Health & Fitness Day. The purpose of this day is to provide seniors with health and fitness related activities.

Senior Stretch Class

Maintaining mobility can be difficult. Muscles and joints weaken and range of movement deteriorates as we age. Join us in the Large Activity Room for a low-impact senior stretch class.

Date/Time: Wed, May 22 at 10am

Location: Large Activity Room

Registration Deadline: Fri, May 17

Blood Pressure Checks

Stop by the table set up in the Large Activity Room and get your blood pressure checked by a registered nurse.

Date/Time: Wed, May 22 at 10am-12pm

Location: Large Activity Room

Game Day



Join us for a fun-filled morning of assorted board, card and puzzle games. Some games will be available, and players are welcome to bring their favorite games to share with others. Pre-registration is required.

Date/Time: Tue, May 28 from 9am-1pm

Location: Large Activity Room

Registration Deadline: Wed, May 22

8th Annual High Tea



Join us and invite a friend for a "spot of tea" at Nash County Senior Center's 8th Annual High Tea. There will be a variety of teas, finger sandwiches and petite desserts to enjoy. Attendees will also enjoy special guest entertainment. Attendees need only bring a tea cup. Pre-registration is required. Limited to the first 55 people.

Date/Time: Wed, May 29 at 2pm

Location: Large Activity Room

Registration Deadline: Mon, May 20

High Tea Hat Decorating Party

Create your own High Tea look and join us for a fun hat decorating party to prepare for this special occasion. To participate, bring a hat and artificial flowers. There will also be extra hats and flowers on hand.



Date/Time: Thurs, May 23 at 11am

Location: Room 112

Registration Deadline: Fri, May 17

How to Use Your Cell Phone

Register early for this popular class and receive one-on-one instruction on how to get the most out of your cell phone. Maximum of 10 students per class.

Date/Time: Thurs, May 30 at 2pm

Location: Room 112

Registration Deadline: Fri, May 24

SPECIAL PROGRAMS

Fire & Emergency Services Hot Dog Appreciation Luncheon



We have celebrated our Law Enforcement. Now let's continue to share the love and celebrate our first responders of Fire & Emergency Services. Join us as we celebrate these brave men and women with a hot dog lunch. Volunteers are needed to help serve.

Date/Time: Wed, June 5th at 11am
Location: Large Activity Room
Registration Deadline: Fri, May 31

Dine & Discover Health Educational Series: Prevention and Care of Chronic Wounds

Older adults are more likely to have chronic wounds than younger people, and the effect of chronic wounds on quality of life is particularly profound as an older adult. Come and join Wanda Sohn, RN and manager of the Nash Wound Care Center as she will be discussing Prevention and Care of Chronic Wounds. There will be a light lunch provided after the presentation. This event is free, but all attendees must pre-register by the deadline.

Date/Time: Wed, June 12 at 11:30am
Location: Large Activity Room
Registration Deadline: Fri, Jun 7

Brought to you by:



Veterans Program

Are you a veteran or the family member of a veteran? If so, then you don't want to miss this program. Tyler Staverman, Nash County Veterans Benefit Officer, will be providing information to veterans and their dependents on various federal and state benefits.



Date/Time: Thurs, June 13 at 10am
Location: Room 112
Registration Deadline: Fri, Jun 7

Self Defense Take Action



Join us as we learn self-defense techniques from Ted Williams, defensive tactics instructor. Wear comfortable clothes and tennis shoes as we will be putting our defensive moves to the test!

Date/Time: Wed, June 19 at 10am
Location: Large Activity Room
Registration Deadline: Fri, Jun 14

Shop Smart - Save Money!

Traci Dixon will be providing simple tips on how you can save money at the grocery store. This session includes information on creating a food budget, using coupons and easy meal planning.



Date/Time: Thurs, June 20 at 2pm
Location: Room 112
Registration Deadline: Fri, May 31

DANCE & ENTERTAINMENT

Basic Line Dance Class

Learn the basic steps in line dancing. New classes start on the first Thursday of each month. Cost is \$18.00 per month.

Days: Thursdays at 1:30pm

Location: Large Activity Room

Instructor: Joe Harper

All Request Line Dance

Couples and singles are welcome to attend our weekly community line dance. Cost is \$3.00 per person for seniors and \$4.00 per person for non-seniors. So put on your dancing shoes and let's get movin' and groovin'!

Days: Mondays; 5pm-7pm

Location: Large Activity Room

**No pre-registration required.*

Zumba Gold

Come and groove to a new beat and get ready to move your feet with our FREE Zumba Gold class. Available to the first 20 participants who arrive.

Days: Tuesdays from 10am-11am

Location: Large Activity Room

Instructor: Chrisie Heath

Soul Line Dancing:

Come and learn the latest line dances to the beat of your favorite soul music. Cost of this class is \$18.00 a month per person.

Days: Tuesdays from 1:30pm-2:30pm

Location: Large Activity Room

Instructor: Chrisie Heath

CLUBS

Book Club



Read the book of the month and share your comments in lively group discussion.

Days: Third Friday of each month

Time: 10am-11:15am

Location: Senior Center Library

Book Selections for This Quarter

April 26: 19 Minutes

by Jodi Picoult

May 17: A Separate Peace

by John Knowles

June 21: The Leavers

by Lisa Ko



Dinner Club

Join the Dinner Club on the 3rd Tuesday of each month. There's no cost to join, but each person pays for their own meal and tip. Please pre-register to ensure adequate seating.

Tuesday, April 16 - 5:30pm

K&W Cafeteria

1266 N Wesleyan Blvd, Rocky Mount, NC

Tuesday, May 21 - 5:30pm

Pizza Inn

1473 Hunter Hill Rd, Rocky Mount, NC

Tuesday, June 18 - 5:30pm

Cracker Barrel

238 Enterprise Dr, Rocky Mount, NC

FRIDAY MOVIE

Friday Afternoon Popcorn & a Movie



Join us on the 4th Friday of each month at 2pm in room 112 as we enjoy popcorn and a great movie. There is no cost to view the movie and popcorn is just 25 cents per bag! **Please pre-register for each movie to ensure adequate seating and refreshments.**

Friday, April 26: *The Lamp*

A couple's marriage has fallen apart after the death of their son, until a mysterious stranger presents them with a magical lamp and three wishes to put things right they must choose very carefully what they ask for. (PG) (2011)

Friday, May 24: *The Perfect Game*

Armed with a dream of playing in the Little League, by defying the odds, setting off on an unprecedented winning streak a team finds them self across the border to America and the 1957 Little League World Series. (PG) (2009)

Friday, June 28: *Footloose*

Moving in from Chicago, Ren McCormack is in shock when he discovers the small Midwestern town he now calls home has made dancing and rock music illegal. As he struggles to fit in, he might loosen up this conservative town way. (PG) (1984)

Don't Forget...just call (252) 459-7681 to register for any of our programs, classes and services.

TRAVEL

New Bern Day Trip

****HURRY, 15 seats left****



Join us on **Wednesday, May 15, 2019** as we travel to New Bern, NC for a fun day touring Tryon Palace, the Birthplace of Pepsi Cola and enjoy lunch on the waterfront!

Cost of this trip is **\$55.00 per person** and includes: motor coach transportation, breakfast and museum admission. Available to the first 50 people. Payment in full is required to reserve a seat. Payment deadline is April 3, but trip will be closed when maximum number is reached.

Registration and breakfast is at 6:45am, and we will depart the senior center by 7:30am. The anticipated return time is 6:30pm.

Cancellation & Refund Policy

If any trip is cancelled by the Center, a full refund will be given to all registrants. For day and overnight trips, refunds will only be given if a participant's space can be filled by someone from the waiting list or if a participant is able to find someone else to fill their space. If the space cannot be filled, no refund will be given. Participants are encouraged to purchase Travel Insurance when offered in order to protect their investment in the event of unforeseen circumstances. In all instances where a refund is warranted, participants should allow 3 to 4 weeks for processing.

TRAVEL

“Savannah Sipping Society” at The Barn Dinner Theatre Greensboro, NC

On Tuesday, August 6, 2019, we will visit The Barn Dinner Theatre to see “Savannah Sipping Society.” In this delightful comedy, four unique Southern women, all needing to escape the sameness of their day-to-day routines, decide it’s high time to reclaim the enthusiasm for life they’ve lost through the years. Over the course of six months, filled with laughter, mishaps and the occasional liquid refreshment, these middle-aged women discover lasting friendships and a renewed determination to live in the moment.

Registration is at 9:45am, and we will depart the senior center at 10:30am with an anticipated return time of 7:45pm. Cost of this trip is **\$70.00 per person** and includes: deluxe motor coach transportation, theater admission, lunch buffet, and tip. Available to the first 50 people. The payment deadline is Friday, June 1st but registration will close when the maximum number of passengers is reached.

Travel Club



If you enjoy traveling and would like to give your input on trips that are planned at The NASH, then join the Travel Club and let’s plan an adventure together!

Days: 4th Wednesday of each month

Time: 11am

Location: Room 112

Meeting Dates This Quarter: **NO TRAVEL CLUB in April**, May 22, and June 26.

Myrtle Beach Trip

The Nash County Senior Center is sponsoring a fabulous 3 day / 2 night vacation to Myrtle Beach, SC on November 4-6, 2019.

Trip Pricing:

\$399.00 per person (double occupancy)

\$485.00 per person (single occupancy)



Pricing Includes:

- ~Deluxe Motor Coach Transportation
- ~2 Nights Hotel Accommodations
- ~2 Breakfasts, 1 Dinner, 1 Dinner Buffet
- ~All Bus Driver, Guide, & Meal Gratuities
- ~Baggage Handling & Standard Taxes
- ~2 Shows: *Holiday FantaSea Show and Carolina Opry Show*
- ~Free Time at Tanger Outlets
- ~Free time at Broadway at the Beach

Trip is limited to the first 50 people. Trip registration will close once seats are filled. A **\$75.00 deposit is due along with completed registration packet in order to reserve a seat.** Balance is due by September 25, 2019. *Seats will fill up quickly so please don't wait to register!* Travel insurance is available. For more information, please contact Morgan Doughtie at (252) 462-2730.

Passengers must be at least 60 years of age or older or be the spouse or caregiver of someone 60 years of age or older.

FUN AND GAMES

Semi-Annual

Men's Open Pool Tournament



Join us for Nash Senior Center's Semi-Annual Men's Open Pool Tournament. All males age 55 and older may compete regardless of county of residence. A lunch of 2 hotdogs, chips, and drink will be available for \$3.00. **All players must be present and signed in by 10am in order to participate.** A prize will be awarded to the overall winner. Call (252) 459-7681 to register.

Date/Time: Fri, April 5; 10am-until

Location: Large Activity Room/Pool Area

Registration Deadline: Mon, April 1

Monthly Billiards Tournaments

Calling All Pool Players!

Join the fun during our monthly 8 ball and 9 ball billiards tournaments. You must be a member in order to compete. Not a member? No worries...joining is easy and free. Call us at (252) 459-7681 and get shooting today!

Men's 8 Ball Pool Tournament

Days/Time: Last Friday of the month at 10am

Women's 8 Ball Pool Tournament

Days/Time: Friday before Men's Tournament at 10am

9 Ball Tournament (Men and Women)

Days/Time: 2nd Wed of each month at 10am

Bingo

Join us each week for a fun game of Bingo!

Days/Time: Every Monday at 2pm

Location: Large Activity Room



COMPUTER LEARNING

Computer Classes

All computer classes are offered through a partnership with Nash Community College. The \$130.00 fee is waived for any NC resident who is unemployed, under employed, or seeking employment. Register for all classes by calling (252) 459-7681. ***For our May & June classes please call our front desk***

Basic Computer Skills

4/2/19-4/25/19 T,W,TH 9am-12pm

4/30/19-5/23/19 T,W,TH 9am-12pm

Internet and Email

4/30/19-5/23/19 T,W,TH 9am-12pm

Microsoft IT Academy Certification

4/02/19-4/25/19 T,W,TH 3pm-6pm

RESOURCES FOR SENIORS

SHIIP Counseling

The Seniors Health Insurance Information Program (SHIIP) answers seniors' questions and counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage Plans, Medicare prescription drug plans, long-term care insurance and other health insurance concerns. To schedule a one-on-one appointment with a SHIIP volunteer, call the Nash County Senior Center at (252) 459-7681.



RESOURCES FOR SENIORS

Foot Care Clinic

The Nash County Senior Center offers the Foot Care Clinic on the 1st, 2nd, 3rd & 5th Mondays of each month from 9am to 12pm. Basic toe nail trimming and foot care is provided by a registered nurse. This service is available for seniors age 60 years and older for \$20.00 per visit. To receive more information or to schedule an appointment, call (252) 459-7681.

Legal Aid

Legal Aid of NC is available at the Senior Center once per quarter to provide free, civil legal services to low income residents. Call 252-459-7681 to find out about upcoming appointment dates and directions on how to schedule an upcoming appointment.

Caregiver Support Group

This is an open support group provided to caregivers. For more information, contact Ashley Winstead, Senior Services Supervisor, at (252) 459-1365.

Days: 3rd Tuesday of each month

Time: 3:00pm

Location: Room 112

Don't Forget...just call (252) 459-7681 to register for any of our programs, classes and services.

FITNESS & WELLNESS

Tai Chi



Tai Chi is an ancient, health enhancing exercise whose benefits include relief from arthritis, stronger immune system, improved circulatory function, and increased stamina. Cost is \$3.00 per class.

Days: Mondays at 9am &
Thursdays at 9:30am

Taking Off Pounds Sensibly (TOPS)

TOPS is a supportive weight loss group where members encourage each other to live a healthy lifestyle. If you are interested in becoming a member, please join the group on **Mondays in room 112 from 10:30am-11:30am.**

Walking Fitness Video Aerobics



Walk your way to a healthier "you" with low impact video aerobics. Class is free to join.

Days/Times: Monday, 8am-8:45am

Tuesday-Friday, 8am-9:15am

Location: Large Activity Room

Did you know that The NASH has an on-site Fitness Room complete with treadmills, exercise bikes, elliptical machines, and other fitness equipment? Call (252) 459-7681 today and learn how you can get started on the path to a healthier *you*!

SOUTHERN NASH SENIOR CENTER

This newest addition to the Recreation and Senior Services Department provides space for craft classes, educational programs, computers and charging stations, a large fitness facility, and game room. Participants enjoy the convenience of a locker room and showers as well as a comfortable lounge with free Wi-Fi access.

Hours of Operation:

Monday - Friday 8am - 5pm

Location:

8180 Stoney Hill Church Road
Bailey, NC 27807

Phone:

Main: 252-235-4303

Tammy Bisette 252-235-4301

Senior Center Supervisor

tammy.bisette@nashcountync.gov

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- ☐ I would like to receive the newsletter via email at this address:

Name: _____

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If you are not already receiving The NASH News or would like to change your method of receipt, please return this portion of the newsletter to the Senior Center at 103 N. Alston Street, Nashville, NC 27856.



**Please help support
our activities and
services by making a
donation today!**

April 2019

PLEASE CALL (252) 459-7681 FOR MORE INFORMATION ABOUT ANY OF THESE PROGRAMS. \$ DENOTES FEE FOR PROGRAM.

Enjoy everyday drop-in activities such as pool tables, fitness equipment, computer lab, card tables & more! Appointments are required for **Foot Clinic**, **SHIP Insurance Counseling**, and **Legal Aid**. Pre-registration is required for **Computer Classes**.

Room #'s listed by each activity. LR=Large Room, RO=Rotating Office, CR=Card Room, Lib=Library

WEEKLY ACTIVITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	8am Aerobics II (LR) 8:30am Hand & Foot (CR) 9:00 am Tai Chi (LR) \$ 10:30am TOPS Meeting (112) \$ 2pm Bingo (LR) 3:15pm Chair Aerobics (112) 5-7pm All Request Couples & Singles Line Dance (LR) \$	8am Aerobics II (LR) 8:30am Hand & Foot (CR) 9am-12pm Computer Class (108) 10am Knitting & Crocheting (102) 10am Zumba Gold (LR) 12pm Pinochle (CR) 1:30pm Soul Line Dancing (LR) \$ 3pm-6pm Computer Class (108)	8am Aerobics II (LR) 8:30am Hand & Foot (CR) 9am-12pm Computer Class (108) 1pm Crafty Quilters (102) 3pm-6pm Computer Class (108)	8am Aerobics II (LR) 9am-12pm Computer Class (108) 9:30am Tai Chi (LR) \$ 10am Study Group (Lib) 12pm Pinochle (CR) 1:30pm Basic Line Dance (LR) \$ 3pm-6pm Computer Class (108)	8am Aerobics II (LR) 8:30am Hand & Foot (CR) 1:00pm Bridge (CR)	

MONTHLY ACTIVITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9am-12pm Foot Care Clinic (RO)\$ **End Easter Food Drive**	2	3 1:15pm Staff Meeting (Lib)	4	5 10am Men's Open Pool Tournament	6
7	8 9am-12pm Foot Care Clinic (RO)\$	9	10 10am 9 Ball Tournament	11 11am Easter Craft (112) \$	12 10am Women's Pool Tournament 10am DESG Volunteer Training (112)	13
14	15 9am-12pm Foot Care Clinic (RO)\$	16 3pm Caregiver Support Group (112) 5:30pm Dinner Club- K&W Cafeteria (\$)	17	18 11am Cooking Under Pressure (112) 2pm ALPT Meeting (112)	19 **CLOSED** HOLIDAY GOOD FRIDAY	20
21	22	23 10am Walmart Shopping Trip	24 11am Spring Social (LR) \$ 1:15pm Front Desk Staff Meeting (Lib)	25	26 10am Men's Pool Tournament 10am-11:15am Book Club (Lib) 2pm Friday Movie: The Lamp	27
28	29 9am-12pm Foot Care Clinic (RO)\$	30 9am-12pm Medication Drop Off (LR) 9am-12pm Samba Card Tournament (112)				

May 2019

PLEASE CALL (252) 459-7681 FOR MORE INFORMATION ABOUT ANY OF THESE PROGRAMS. \$ DENOTES FEE FOR PROGRAM.

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WEEKLY ACTIVITIES

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MONTHLY ACTIVITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 11am DESG W. Pool Tournament 1pm DESG M. Pool Tournament 1pm-3pm DESG Table Tennis Tournament (112)	2	3 10am Human Trafficking (112)	4
5	6 9am-12pm Foot Care Clinic (RO)\$	7	8 10am 9 Ball Tournament 1:15pm Staff Meeting (Lib)	9 9am-12pm Virtual Dementia Tour (112)	10	11
12	13 9am-12pm Foot Care Clinic (RO)\$	14	15 New Bern Day Trip	16	17 10am-11:15am Book Club (Lib) 11am Mental Health Awareness	18
19	20 9am-12pm Foot Care Clinic (RO)\$	21 3pm Caregiver Support Group (112) 5:30pm Dinner Club- Pizza Inn \$	22 10am Senior Stretch (LR) 10am-12pm Blood Pressure Checks (LR) 11am Travel Club (112) 1:15pm Front Desk Staff Meeting (Lib)	23 11am High Tea Hat Decorating (112)	24 10am Women's Pool Tournament 2pm Friday Movie: The Perfect Game	25
26	27 **CLOSED** HOLIDAY MEMORIAL DAY	28 9am-1pm Game Day (LR) 10am Walmart Shopping Trip	29 2pm High Tea (LR)	30 2pm How to Use Your Cell Phone	31 10am Men's Pool Tournament	

June 2019

PLEASE CALL (252) 459-7681 FOR MORE INFORMATION ABOUT ANY OF THESE PROGRAMS. \$ DENOTES FEE FOR PROGRAM.

Enjoy everyday drop-in activities such as pool tables, fitness equipment, computer lab, card tables & more! Appointments are required for **Foot Clinic**, **SHIP Insurance Counseling**, and **Legal Aid**. Pre-registration is required for **Computer Classes**.

Room #'s listed by each activity. LR=Large Room, RO=Rotating Office, CR=Card Room, Lib=Library

WEEKLY ACTIVITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	8am Aerobics II (LR) 8:30am Hand & Foot (CR) 9:00 am Tai Chi (LR) \$ 10:30am TOPS Meeting (112) \$ 2pm Bingo (LR) 3:15pm Chair Aerobics (112) 5-7pm All Request Couples & Singles Line Dance (LR) \$	8am Aerobics II (LR) 8:30am Hand & Foot (CR) 9am-12pm Computer Class (108) 10am Knitting & Crocheting (102) 10am Zumba Gold (LR) 12pm Pinochle (CR) 1:30pm Soul Line Dancing (LR) \$ 3pm-6pm Computer Class (108)	8am Aerobics II (LR) 8:30am Hand & Foot (CR) 9am-12pm Computer Class (108) 1pm Crafty Quilters (102) 3pm-6pm Computer Class (108)	8am Aerobics II (LR) 9am-12pm Computer Class (108) 9:30am Tai Chi (LR) \$ 10am Study Group (Lib) 12pm Pinochle (CR) 1:30pm Basic Line Dance (LR) \$ 3pm-6pm Computer Class (108)	8am Aerobics II (LR) 8:30am Hand & Foot (CR) 1:00pm Bridge (CR)	

MONTHLY ACTIVITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9am-12pm Foot Care Clinic (RO)\$	4	5 11am Fire & Emergency Services Hot Dog Appreciation Luncheon (LR)	6 2pm Bone Density (112)	7	8
9	10 9am-12pm Foot Care Clinic (RO)\$	11	12 11:30am Dine & Discover (LR) 1:15pm Staff Meeting (Lib)	13 10am Veterans Program (112)	14	15
16	17 9am-12pm Foot Care Clinic (RO)\$	18 3pm Caregiver Support Group (112) 5:30pm Dinner Club- Cracker Barrel	19 10am Self Defense: Take Action (LR)	20 2pm Shop Smart: Save Money (112)	21 10am Women's Pool Tournament 10am-11:15am Book Club (Lib)	22
23	24 10am Newsletter Printing	25 9am Newsletter Help Day (LR) 10am Walmart Shopping Trip	26 11am Travel Club (112) 1:15pm Front Desk Staff Meeting (Lib) *BLOOD DRIVE*	27	28 10am Men's Pool Tournament 2pm Friday Movie: Footloose	29